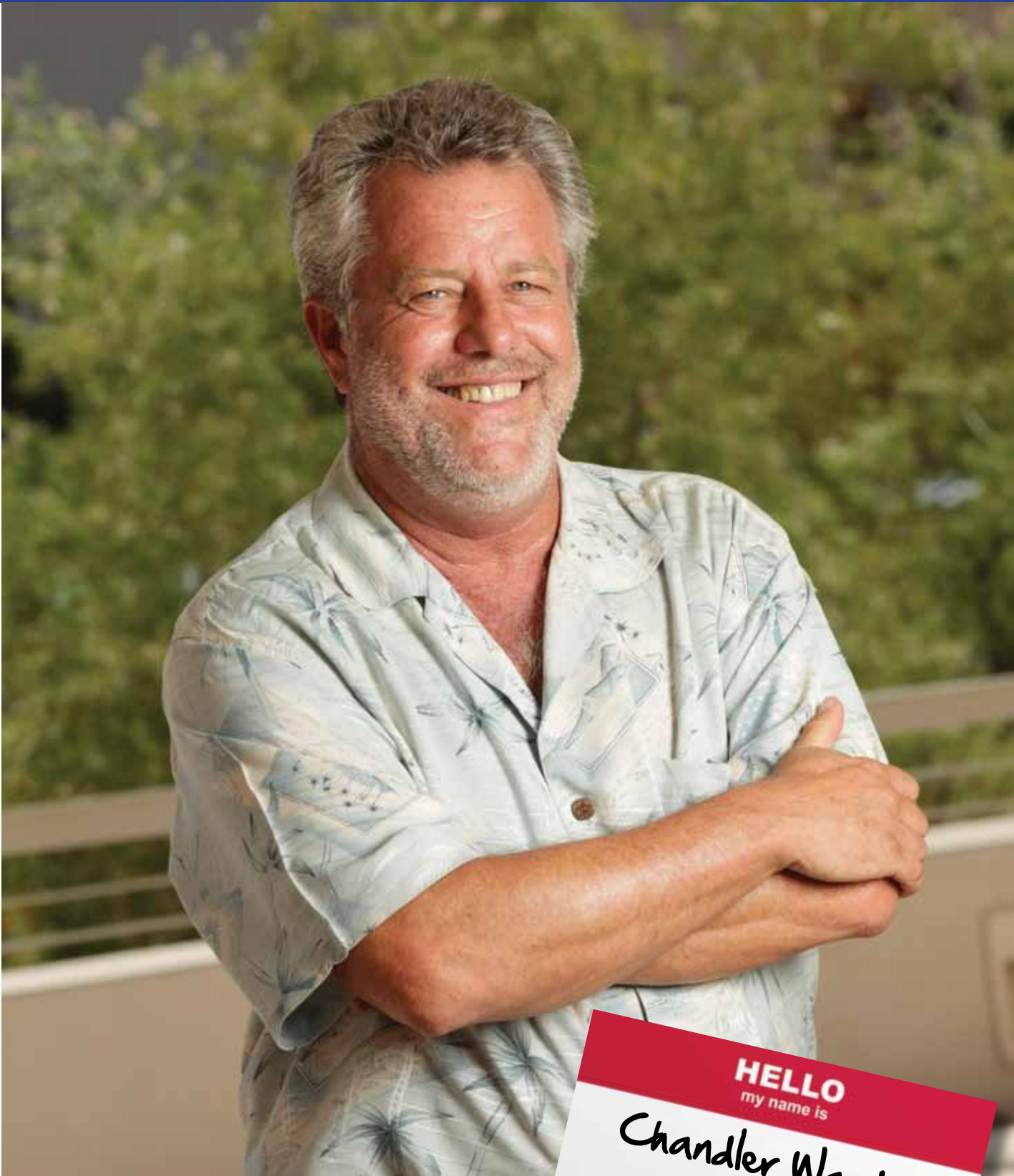


ACT AGAINST CANCER™

Volume I, Issue I • FALL 2009



In This Issue:

Better Than Ever kicks off 10th season

Sioles Family Foundation makes ongoing commitment

Core Grant renewed, new Web site launched, and other Arizona Cancer Center news



Welcome to the Arizona Cancer Center's new publication and the introduction of **Act Against Cancer**. We think those three powerful words will resonate with anyone who has been touched by cancer or is simply concerned about health matters. This newsletter will include hopeful stories about our patients, donors, researchers and physicians who act against cancer every day.

As I reflect about how I act against cancer, I want to share my personal story with you.

I come from a "cancer family." My maternal grandmother and mother sadly died of breast cancer and my maternal grandfather and father both had advanced colon cancer. Additionally, I suffered from severe ulcerative colitis as a teenager, which puts me at a much higher risk for developing colorectal cancer.

With my family history, my children and I are all at considerably greater cancer risk. First, I am going to seek an appointment at the Arizona Cancer Center at UMC North's High Risk Clinic to be evaluated for the BRCA 1, BRCA 2 or hereditary nonpolyposis colorectal cancer genes.

Second, I am going to continue to be vigilant screening for colorectal cancer. I've had 18 colonoscopies over the past five decades, or about one every three years. Better to be safe than sorry. Furthermore, I undergo a full body skin cancer check by a board certified dermatologist annually. Melanoma incidence rates are rising dramatically throughout the United States, but especially in Southern Arizona.

Third, I have eaten a low fat diet (less than 25 percent of calories in fat) for many years and exercise once to twice daily for at least one hour, either walking, lifting weights or on a low impact rotary step climber or stationary bike. Multiple epidemiologic studies and clinical trials document 30 to 50 percent reductions in the risk of developing breast and colon cancers associated with regular, moderate physical activity added to a low fat, high fruits and vegetables diet. Add to that minimal alcohol intake – one-third of a cup of (preferably red) wine per day and no cigarette smoking – and we have a strong recipe for cancer, coronary artery disease and diabetes prevention.

I'll also act against cancer by cheering for participants of our 10th season of Better Than Ever this fall. Please read more about our fitness fundraising program that benefits women's cancer research on pages 4 and 5. See you on the Better Than Ever training pathways and bike lanes!

Thank you for your interest in The Arizona Cancer Center, the only NCI-designated comprehensive cancer center headquartered in Arizona.

Sincerely,

David S. Alberts, MD, Director

News Updates

NCI renews Arizona Cancer Center core grant; \$20.8 million awarded to support cancer research



The Arizona Cancer Center has received a five-year, \$20.8 million grant from the National Cancer Institute (NCI) to renew support for its cancer research programs through 2014.

The grant renewal, which came with an "excellent" rating, also extends the Cancer Center's designation as one of 40 comprehensive cancer centers in the United States, and the only NCI-designated comprehensive cancer center headquartered in Arizona. The Arizona Cancer Center at The University of Arizona has operated continuously with NCI support, or "core" grants, since 1978, when the Cancer Center received a \$1 million federal award.

"The National Cancer Institute has again recognized the high quality of our research programs and our faculty and staff with this grant renewal," said David S. Alberts, MD, director of the Arizona Cancer Center. "Continuation of our funding, for more than 30 years, allows the Arizona Cancer Center to achieve its mission of serving the entire state of Arizona with translational research in cancer prevention and treatment, patient care, education and outreach."

"The receipt of this support grant renewal, and the 'excellent' rating, is a direct reflection on the extremely high quality and innovative work of our entire Arizona Cancer Center team," Dr. Alberts said.

The federal funding – a 5 percent increase in NCI funding to the Cancer Center – will be used to support five research programs, 13 shared services, and other functions serving the entire organization.

Web site launch

On July 27, the Arizona Cancer Center launched a new and improved Web site.

The site includes new patient information and support sections, expanded outreach information, a comprehensive events calendar, in-depth donor profiles and multimedia patient stories as well as information on the wide-ranging research and academic programs at the Cancer Center.

We're proud of what we do here at the Arizona Cancer Center and we hope the new site shows it.

Please visit www.arizonacancercenter.org and see the difference for yourself!



Members of the Arizona Cancer Center's Skin Cancer Institute with Chandler Warden. From left to right: Denise Spartonos, Chandler Warden and Robin Harris.

CURE: THE BOTTOM LINE

When Chandler Warden was diagnosed with squamous cell carcinoma, a type of skin cancer, five years ago, he felt he had to travel to get the best treatment available. Then he decided to do something about that.

“Who wants to go 2,000 miles (to get treated),” he said. “It’s not a good thing. Sitting on the airplane, you’re going, ‘Sure would be nice to have it here in town.’”

“A lot of things in our lives don’t really hit hard or hit home until they happen to you,” he said. “I had skin cancer and survived it and my mom did as well. That’s how it started.”

In 2005, the Bert W. Martin Foundation, Warden’s family foundation with his mother, Winifred, and brother, Andrew, both of Orlando, donated \$400,000 to help found the Arizona Cancer Center’s Skin Cancer Institute (SCI).

Since its formal establishment in July 2007, the SCI has worked to prevent and cure skin cancer by bringing together researchers, clinicians and health educators into one multidisciplinary, collaborative group.

“The Skin Cancer Institute is one of the few places in the United States where a patient can access dermatologists, oncologists, surgeons and health care educators in one location,” said Robin Harris, PhD, MPH, associate professor of public health at The

University of Arizona and deputy director of the Skin Cancer Institute. “This type of coordinated care is not offered anywhere else in Arizona.”

The Martin Foundation continued its support of the SCI with a second donation of \$290,000 in 2007 and a recent \$397,000 donation.

“We choose to really support and make the communities in which we live in better,” he said.

Reducing the incidence of skin cancer and improving treatment locally was an obvious way to help in Tucson, he said. Residents of Arizona are second only to Australia in the number of cases of skin cancer diagnosed each year. Skin cancer is the most common form of cancer in the United States — more than one million new cases are diagnosed each year, more than all other cancers combined.

In addition to promoting early detection and treatment of skin cancer through the Pigmented Lesion Clinic — the first program of its kind in the state — the SCI aims to educate the community on sun safety

and skin cancer prevention. For the past three years, the SCI, in partnership with The Arizona-Sonora Desert Museum, has sponsored “Living in Harmony with the Sun.” The May weekend event includes free skin screenings for the public and exhibits on sun safety. The Skin Cancer Institute also provides training and educational support for the state-mandated “SunWise” program, including continuing education courses for teachers.

“Skin cancer literally is in epidemic proportions in Southern Arizona and has become one of our biggest public health problems,” said Arizona Cancer Center Director David S. Alberts, MD. “The Skin Cancer Institute within the Arizona Cancer Center represents our best chance to reverse this ‘epidemic.’”

The reason behind Warden’s continued support of the SCI is simple.

“I think it’s the start of a program that can cure skin cancer through research and prevention,” he said.

“Cure,” he added. “That’s the bottom line.”

YOU CAN BE BETTER THAN EVER

Now in its 10th season, Better Than Ever (BTE) continues to be better than ever. A grass-roots effort by the Arizona Cancer Center, the program provides a welcoming, non-competitive atmosphere for participants of all fitness levels to train for local running, walking or cycling events while raising funds to benefit women's cancer research at the Cancer Center. Participants can cross the finish line knowing that they made a difference in their lives and in the fight against cancer.

BTE offers group training sessions in Tucson, Green Valley and Sedona. Participants are also welcome to train on their own in any of these cities, or anywhere in the world. As a BTE participant, you receive a training schedule and training packet, multiple weekly group training sessions, the guidance of volunteer training leaders, fundraising tips and suggestions, educational lectures and social events, weekly e-newsletters and a free BTE technical shirt.

In exchange for these benefits, you help the Arizona Cancer Center fight cancer by raising vital funds for women's cancer research. Fundraising goals are low so anyone can participate, and this year we're offering 10 scholarships in honor of our 10th season.

Thanks to generous sponsors in the Tucson community who pay for the Better Than Ever program expenses, all of the funds raised by participants go directly to research at the Arizona Cancer Center. Since 2000, more than 2,800 BTE participants have funded \$1.4 million in research grants.



Heather Alberts, founder of Better Than Ever (left), and Marisa Allen, Better Than Ever program coordinator.

SEASON 10 KICK-OFF EVENT AND EXPO

WHAT:

Learn more about Better Than Ever, meet team leaders and fellow participants and sign up to participate in the 10th season of Better Than Ever.

WHEN:

Wednesday, Sept. 2, from 6 - 7 p.m.
Information session begins at 5 p.m.

WHERE:

Kiewit Auditorium at the Arizona Cancer Center,
1515 N. Campbell Ave.

More Information:

Visit www.arizonabte.org or call
Program Coordinator Marisa Allen at (520) 626-7177.

Registration is open through Sept. 21.

BTE by the numbers:

2000
year BTE was founded

\$100,000
distributed to Arizona Cancer
Center research projects in 2009

\$1.4 million
raised by BTE participants

2,800
total BTE participants

85
age of oldest BTE half-
marathon participant

33
studies funded by BTE grants



Heather Alberts (left), Founder of Better Than Ever, and Wendy Adkisson, BTE participant, show off their BTE ink.

COMMITTING TO BTE...PERMANENTLY

Wendy Adkisson loves Better Than Ever.

"I would scream BTE's praises everyday," said the three-year veteran of the program.

Now she doesn't have to worry about losing her voice – she can just show off her leg and her new BTE-inspired tattoo.

Adkisson got involved with BTE through her mother, Gay Adkisson, who was a BTE participant and walking team leader for four years.

"She completed three half-marathons at 69-70 years old," Adkisson said. "It was pretty fun to see her go through all that. She absolutely loved this group. She truly believed in everything the Arizona Cancer Center did."

Though she supported her mother by driving her to BTE trainings and cheering for her at events, Adkisson didn't immediately join.

"It was such a wonderful group," she said. "When she passed away it was something we had to continue. My sister-in-law and I stayed involved. My mom would be thrilled that we're here."

"It's a positive connection I still have with my mom," she added. "It's a really nice thing. It's a constant memory and a constant connection."

Though her involvement began as a tribute to her mother, it has become something she loves too.

"The camaraderie and positive attitude of everyone – I look forward to it no matter what my day has been like," said the Tucson Police Department officer. "Plus, it's for a good cause. You can't beat that when it stays in our hometown."

And she's noticed she's definitely fitter since she began the program.

"I was never a runner – I couldn't stand it – now I absolutely adore it," she said. "It wouldn't be something I'd do by myself,

but there's so much friendship and support in the group." Thanks to her BTE training, she has completed 5K and 10K runs and in December 2008 she finished her first half-marathon.

"I was not sure if I could do it," she said. "I was thrilled beyond belief that I did."

This past Mother's Day, Adkisson's daughter, Kelsey Carlson, 18, gave her a drawing and Adkisson knew immediately that that would be the basis for the tattoo she had long wanted. She chose her calf for the five-inch tall tattoo - because it would be a less painful location, but also visible to others as she runs.

"It's a big ol' grinning lizard running with a BTE shirt on," she explained. "It's a testimonial to my mom and of my daughter's artwork and it's a happy thing. It's a constant reminder of why I do it."

She thinks her mother would have approved.

"She would have loved it," she said, chuckling. "I wouldn't have been surprised if she went and got one herself."

Adkisson plans to tackle a new challenge this season – she's training for El Tour de Tucson bike race, but she hasn't yet committed to getting a BTE bicycling tattoo on the other leg. Heather Alberts, BTE founder, was impressed by Adkisson's ink.

"It's a lovely tribute to a program that's making a difference," Alberts said. "I'm very touched."

"And I'm a bad influence," she added, laughing and showed off the small BTE logo she had tattooed on her ankle before the 2008 CATwalk 10K.

"I'd wanted one for years and years," Alberts said. "I told my granddaughters that when they're 67 and they know who they are, they can get a tattoo, too."

For those not quite ready to take the indelible plunge, temporary BTE tattoos will be available for participants at all race events.



From left to right: Robert Sioles, Donna Sioles, Harriet Sioles, Elyse Sioles and Bob Stamm

A LEGACY OF SUPPORT

Two decades after losing a loved one to cancer, the Sioles family of Phoenix remains committed to supporting the Arizona Cancer Center.

Twenty years ago Thomas Miller, MD, treated Dean Sioles for non-Hodgkin's lymphoma.

"Through his treatment on a regular basis, as a family we became intimately involved" with the Cancer Center, said Elyse Sioles, Dean's sister.

She recalls that the Cancer Center staff embraced her whole family as her brother underwent treatment.

"The Center incorporated their concern for us as a family, as well as for Dean's physical care," she said. "The staff shows a sensitivity not just to the patient but to understanding the trials and tribulations that the family goes through. They extended their arms around us as well as my brother."

Though Dean succumbed to the disease in April 1989, his parents, brother, sister and their Sioles Family Foundation became dedicated to supporting the Arizona Cancer Center's mission. After Dean's passing, Milton Sioles, the family's patriarch, joined the Cancer Center's Advisory Board and remained a member until his death.

Milton Sioles "became more aware of the Arizona Cancer Center as he took a focused interest in Dean's care and took notice of the big picture, of what Dr. (Sydney) Salmon, Dr. Miller and the other committed researchers, physicians and staff were trying to achieve," said Robert Sioles, Dean's brother.

"We are still impressed with the Cancer Center's efforts and staff's commitments," Harriet Sioles, Dean's mother, said after a tour of the Arizona Cancer Center's expanded Tucson facilities at the end of 2008.

The Sioles Family Foundation's generous gifts in honor of Dean Sioles support lymphoma research at the Arizona Cancer Center.

"We recognized that other families were facing the same challenges as we had," Elyse Sioles said. "As a family, we made a decision to honor my brother as a tribute to him and in his memory. We wanted to do what we can so there is a place for critically ill people to be treated."

To learn more about giving to the Arizona Cancer Center, please visit www.arizonacancercenter.org/giving

Around the Center



Safe from the Sun Walkathon for melanoma awareness

The Skin Cancer Institute at the Arizona Cancer Center has joined forces with the Melanoma International Foundation to host the Safe from the Sun Walkathon Oct. 10 from 3 to 6 p.m. at the Arizona

Cancer Center at UMC North. This event will include a two-mile family- and dog-friendly walk, a health and wellness expo, free skin cancer screenings, music, children's activities, goody bags, raffle prizes and free food and beverages for participants.

The event will raise funds to support melanoma research, prevention programming and patient support services. Participants are welcome to honor or remember loved ones and bring awareness to melanoma, the deadliest form of skin cancer, which claims one life each hour in the United States. Early detection is the best cure. Melanoma can be spotted by skin examination and early lesions have a 90 percent cure rate.

The Arizona Cancer Center has a long history of providing comprehensive cancer care in Arizona and the Skin Cancer Institute is the only skin cancer organization of its kind that unites patient care, research, outreach and education into one coordinated entity. The Melanoma International Foundation provides patient and survivor support services, early detection education and advocacy.

For more information or to register, visit www.safefromthesun.org or www.azskincancerinstitute.org or call (888) 724-2749.



Heritage Highlands committed to cancer research

For the past four years, the Women's Golf Association at Heritage Highlands, an active adult community located in the Dove Mountain area of Marana, has

organized fun activities for the community that also raise money for cancer research at the Arizona Cancer Center.

This past year, the Women's Golf Association sold homemade baked goods and handcrafted items at the annual Heritage Highlands Craft Fair, organized a successful annual golf tournament, and held the first annual Walk and Ride for Cancer Research. Through these events and the generous donations of Heritage Highlands residents, the Association raised more than \$12,000 for cancer research.

Additionally, the Women's Golf Association published a special cookbook, which is being sold for \$15 in the Healing Spirit Boutique at the Arizona Cancer Center at UMC North, 3838 N. Campbell Ave. All proceeds from the cookbook benefit cancer research at the Arizona Cancer Center.



Tucson's only melanoma support group

Thanks to the Arizona Cancer Center's Skin Cancer Institute, in partnership with Sunstone Cancer Support Centers and University Medical Center, melanoma survivors now have a group available when they need support.

The first melanoma support group meeting was Aug. 26. The group will meet the fourth Wednesday of each month from 3:30 to 5 p.m. in the Sunstone living room on the main floor of the Arizona Cancer Center at UMC North. Refreshments will be provided.

For more information, contact Heather Hiscox, MPH, at hiscox@azcc.arizona.edu or (520) 626-1074, or Jill Winter, LMSW, at jwinter@umcaz.edu or (520) 694-0845.



"I always say that I want to be the one to find the cure for cancer"

Dakota Fay wants to cure cancer. While remarkable in itself, her dream is particularly impressive because of her age – Dakota was 12 years old

when she wrote a letter to the Arizona Cancer Center describing her cancer research and asking to learn more.

"For a while now, I have researched cancer... I always say that I want to be the one to find the cure of cancer," she wrote.

Impressed by her drive, Arizona Cancer Center Director David S. Alberts, MD, asked Dakota and her mother, Colleen McElligott, to join him for lunch this summer.

"I got a kick out of your note," Dr. Alberts told Dakota, now 13, adding that several of the items she described in her letter as preventative supplements are under study at the Cancer Center. "Someone with your interest and talent should be encouraged."

Over sandwiches, Dr. Alberts and Amanda Baker, PhD, PharmD, gave the young scientist high praise and many ideas about how to further her scientific education and involvement in cancer prevention, Dakota's primary area of interest. After lunch Dakota toured Dr. Baker's lab and Dr. Alberts gave her a copy of "Fundamentals of Cancer Prevention," by the Arizona Cancer Center's Cancer Prevention and Control Program faculty.

"It was fun and I got to learn more about what I can do," said Dakota, who plans to return to the Cancer Center to volunteer in a research lab when she's 16.

"In 15 or 20 years, when you're a physician or a researcher," Dr. Alberts said, "you'll look back at the day you had lunch at the Arizona Cancer Center and got inspired."

Incredible things are happening every day at the Arizona Cancer Center.

To check out our calendar of events and live news feed, come visit us at www.arizonacancercenter.org.



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www.arizonacancercenter.org

EVENTS CALENDAR

September

Ovarian, Prostate, Leukemia and Lymphoma Cancer Awareness Month

2 Better Than Ever Program Kick-Off Event
 6-7:30 p.m. with information session at 5 p.m.
 Kiewit Auditorium, AZCC

8 Arizona Cancer Center Clinic Community
 Lecture: Lung Cancer - the latest in diagnosis,
 treatment and prevention with Shari Meyerson, MD
 10-11 a.m. AZCC at UMC North

15 Green Valley Community Lecture: Lung
 Cancer - the latest in diagnosis, treatment
 and prevention with Shari Meyerson, MD
 10-11:30 a.m. West Center

19 Pioneer Classic Golf Tournament &
 Weekend in Litchfield Park, AZ, presented
 by Alliance Beverage Distributing Co., LLC. For
 more information, visit www.alliance-beverage.com

19 Melanoma Update: the latest information
 for melanoma prevention, detection and
 treatment with Lee Cranmer, MD, PhD
 10 a.m.-noon. Kiewit Auditorium, AZCC

26 Arizona Cancer Center Open House
 Day of Discovery: Science at the Center
 Event is free; reservations required.
 Contact Ilya Sloan at (520) 626-6401 or
isloan@azcc.arizona.edu
 9:30 a.m.-12:30 p.m. AZCC

Please go to
www.arizonacancercenter.org
 for more information
 about these events

October

Breast Cancer Awareness Month

2 Games for the Greater Good
 Initiated by the Lancer football team
 at Salpointe Catholic High School. Visit
www.salpointe.org to learn more.

7 Oro Valley Community Lecture: Lung Cancer
 - the latest in diagnosis, treatment and
 prevention with Jonathan Daniels, MD
 11 a.m.-noon Oro Valley Public Library

10 Safe from the Sun Walkathon
 (see page 6)

10 ¡Vida! the fourth annual Mujer Latina
 Breast Cancer Conference
 8 a.m.-1 p.m. El Pueblo Community Center

13 Arizona Cancer Center Clinic Lecture:
 Update on Radiation Treatments
 presented by Baldassarre Stea, MD, PhD
 10-11 a.m. AZCC at UMC North

14 Director's Circle Reception
 By invitation

20 Green Valley Community Lecture: A Quick
 Guide to Lymphoma presented by Thomas
 Miller, MD, PhD
 10-11 a.m. West Center

20 Phoenix Leadership Circle Dinner
 By invitation

21 Tucson Leadership Circle Dinner
 By invitation

November

Lung, Pancreatic Cancer Awareness Month

4 Oro Valley Community Lecture: Colon Cancer
 - the latest in diagnosis, treatment and
 prevention with Tomaslav Dragovich, MD, PhD
 11 a.m.-noon Oro Valley Public Library

10 Arizona Cancer Center Clinic Community
 Lecture: Diet and Nutrition presented by
 Michelle Bratton, RD
 10-11 a.m. AZCC at UMC North

14 CATwalk - a UA student-organized 10K run
 and 5K walk. Proceeds benefit the Bobbi
 Olson Fund and ovarian cancer research at the
 Arizona Cancer Center. Visit catwalk.arizona.edu
 to learn more.

17 Green Valley Community Lecture: Clinical
 Trials and You presented by Daruka
 Mahadevan, MD, PhD
 10-11 a.m. West Center

COMMON LOCATIONS:

AZCC = Arizona Cancer Center
 1515 N. Campbell Ave., Tucson

AZCC at UMC North = Arizona Cancer Center at
 UMC North, 3838 N. Campbell Ave., Tucson

West Center = 1111 Via Arco Iris, Green Valley

Oro Valley Public Library = 1305 W. Naranja Dr.,
 Oro Valley